

THESE \$0 SERVICES COULD SAVE YOUR LIFE

You don't want to get sick. Nobody does. And you certainly don't want to end up with a major medical problem. One great way to avoid these issues is to develop healthy habits like getting regular exercise, eating sensibly, and making sure you get an annual preventive exam with your doctor. Your doctor can help you determine if you need important tests for things like breast cancer or prostate cancer. These important \$0 preventive screenings could save your life, and they are offered at no additional charge with your health plan.

Preventive healthcare services

Preventive healthcare services help you avoid potential health problems or find them early when they are most treatable, before you feel sick or have symptoms. We pay in full for the preventive care services that are listed in your Rhode Island State Employees health plan benefits.

Note: In order for preventive services to be covered without cost-sharing, members must receive services from a network provider, and certain age, sex, and risk profile requirements may apply. For details about preventive services coverage, please refer to your Benefit Booklet or call the **State of Rhode Island Employee CARE Center**.



A RHODE TO HEALTHIER LIVING

Big changes can begin with small steps.

Find helpful tips and practical advice on how to eat well, stay fit, and make the most of your medical benefits at The Rhode Ahead, an online BCBSRI resource for State of Ri employees. Visit rhodeahead.com/sori to learn more.

If you have questions, please call the **State of Rhode Island Employee CARE Center** at **(401) 429-2104** or **1-866-987-3705**. The CARE Center hours are Monday — Friday, 8:00 a.m. — 8:00 p.m., and Saturday, 8:00 a.m. — noon.

	Women	Men	Children
Abdominal aortic aneurysm one-time screening	•	•	
Alcohol misuse screening and counseling	•	•	•
Alcohol, tobacco, and drug use assessment			•
Anemia screening	•		•
Aspirin use	•	•	
Bacteriuria screening “pregnant women”	•		
Behavioral assessments (0-11mths, 1-4yrs, 5-10yrs, 11-14yrs, 15-17yrs)			•
Bilirubin newborn screening			•
Blood pressure screening	•	•	•
Breast cancer genetic test counseling (BRCA)	•		
Breast cancer mammography screening	•		
Breast cancer preventive medications	•		
Breastfeeding comprehensive support and counseling	•		
Cervical screening cancer and human papilloma virus (HPV)	•		
Cervical dysplasia screening			•
Chlamydia infection screening	•		
Cholesterol screening (dyslipidemia)	•	•	•
Colorectal cancer screening	•	•	
Contraceptives	•		
Depression screening	•	•	•
Developmental and autism screening			•
Diabetes (type 2) screening	•	•	
Healthy diet and physical activity counseling	•	•	
Domestic and interpersonal violence screening and counseling	•		
Fall prevention	•	•	
Folic acid	•		
Fluoride chemoprevention supplements			•

	Women	Men	Children
Fluoride varnish			•
Gestational diabetes	•		
Gonorrhea screening for newborns			•
Gonorrhea preventive medication			•
Hearing screening for newborns/children			•
Height, weight, and body mass index (BMI)			•
Hemoglobinopathies or sickle cell screening			•
Hepatitis B screening	•	•	•
Hepatitis C screening	•	•	
HIV screening	•	•	•
Hypothyroidism screening for newborns			•
Immunizations per AAP and CDC guidelines	•	•	•
Lead screening			•
Lung cancer screening	•	•	
Newborn blood screening			•
Obesity screening and counseling	•	•	•
Osteoporosis screening	•		
Phenylketonuria (PKU) screening			•
Preeclampsia and screening	•		
Rh incompatibility prevention and screening	•		
Sexually transmitted infection (STI) screening, prevention counseling	•	•	•
Statin preventive medication	•	•	
Syphilis screening	•	•	
Tobacco use screening	•	•	•
Tuberculosis screening	•	•	•
Urinary incontinence screening	•		
Urinary tract or other infection screening for pregnant women	•		
Vision screening			•
Well visits for adults and children	•	•	•

Source: HealthCare.gov

Guidelines and covered preventive healthcare services may change over time. Note: In order for preventive services to be covered without cost-sharing, members must receive services from a network provider, and certain age, sex, and risk profile requirements may apply. For details about preventive services coverage, please refer to the plan's Subscriber Agreement available online at bcbsri.com or contact customer service.



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